



Idaho enjoys a healthy bounty when it comes to growing **pumpkins**. Idaho's favorable growing conditions allow the state's **pumpkin** harvest to produce many varieties that are pleasing to the eye and rich in flavor.

**Pumpkins** are a member of the squash family and contain an important phytonutrient called beta-carotene. Our bodies convert beta-carotene into vitamin A, which is essential for good eyesight and proper growth.

**Pumpkins** are thought to have originated in Central America. **Pumpkin** seeds have been found in Mexico dating back to 5500 B.C. Westerners got their first tastes of the **pumpkin** when settlers arrived in America. The **pumpkin** quickly became an important part of the settlers diet and soon found its way back to Europe where it became hugely popular.

#### Little Known **Pumpkin** Facts:

- **Pumpkins** are a fruit.
- **Pumpkins** are 90% water.
- **Pumpkins** range in size from less than 1 pound to over 1,000 pounds.
- 80% of the **pumpkin** supply in the U.S. is available in October.
- **Pumpkins** are used to make soups, pies, and breads.





The **Zucchini**, or **Italian Squash** as it is sometimes called, is a small summer squash commonly grown in gardens through out North America and Europe. **Zucchini** although considered a vegetable for cooking purposes are biologically a fruit, as are all members of the squash family. **Zucchini** are often harvested fairly young in their growth, about 8-20cm long. If left on the vine it is not uncommon for a mature **zucchini** to reach three feet in length. However as the fruit grows larger it gets tougher and more fibrous and very unappetizing. **Zucchini** is one of the easiest plants to cultivate, and has a reputation among home gardens for often resulting in over production. This surplus of **zucchini** in many homes has resulted in many different delicious **zucchini** recipes, one of the most liked and most common is zucchini bread. Although there is no large commercial production of **zucchini** in Idaho many small growers do grow zucchini for sale in farmers markets and at road side stands. When looking for a good **zucchini** be sure to pick one that is firm with a strong rich color.



Although the green **zucchini** is by far most common in Idaho, there is also a yellow **zucchini** variety. Both varieties taste the same and provide a great cool snack when Idaho summer temperatures get really hot.



# Swan's Pumpkin Farm

## Fun Facts!

- Pumpkins are not vegetables... they're fruits!
- Pumpkins, gourds, and other varieties of squash are all members of the family Cucurbitaceae, which also includes cucumbers, gherkins, and melons.
- Pumpkins have been grown in America for over 5,000 years. They are indigenous to the western hemisphere and were completely unknown in Europe before the time of Columbus.
- In 1584, the French explorer Jacques Cartier reported from the St. Lawrence region that he had found "gros melons", which was translated into English as "ponpions", or pumpkins.
- There was probably some kind of pumpkin served at the first Thanksgiving Feast. Pumpkins and other forms of squash made up one leg of the triad maize, beans, and squash -- that once formed the basic diet of American Indians.

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## How Pumpkins Grow:

Pumpkins grow in the field on plants which have long sprawling vines that cover the ground. Pumpkin seeds are planted in the field from the last week of May to the middle of June. After seeds are planted, they will sprout (germinate) in 7 to 10 days, depending on the variety. During this time, seeds need moisture and warmth. Once seeds have germinated, they will send up their first leaves, called seed leaves.

Next, the true leaves will appear. Yellow flowers (blossoms) begin to appear after the first three weeks of growth. Male flowers, which produce pollen, are seen first. About a week later, the female blossoms follow. Female blossoms are easy to spot, because they have tiny pumpkins at their base. Blossoms live for only a half day, and will not open in cold, rainy weather. When both male and female blossoms appear on the vine, bees transfer the pollen from the males to the females. This is called pollination.

Once pollinated, the fruit at the base of the female blossom develops into a full-sized pumpkin. During this time, the plant continues to produce blossoms. The pumpkin contains seeds which can be saved to grow new pumpkins the following year. While growing, pumpkins require a lot of moisture and sunlight. It takes about 90-120 days (depending on the variety) for a pumpkin to grow after it has been planted. Pumpkins are picked in October when they are bright orange in color.

Pumpkins are a good source of nutrition. They are low in calories, fat and sodium and high in fiber. They are loaded with vitamins A and B and potassium. The seeds are very high in protein and are an excellent source of B vitamins and iron.

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# Swan's Pumpkin Farm Trivia Quiz

Your name \_\_\_\_\_



1. Pumpkins are \_\_\_\_\_.
  - ☐ vegetables
  - ☐ fruits
  - ☐ minerals
2. Pumpkins have been grown in North America for closest to \_\_\_\_ years.
  - ☐ 500
  - ☐ 5,000
  - ☐ 50,000
3. Pumpkins were probably served at what famous meal?
  - ☐ the last supper
  - ☐ the first thanksgiving
  - ☐ half-time at Super Bowl XXX
4. Pumpkins are a good source of nutrition... they are:
  - ☐ low in calories, fat and sodium
  - ☐ high in fiber, with vitamins A and B and potassium
  - ☐ all of the above
5. The largest known pumpkin in the world weighed:
  - ☐ 513 lbs.
  - ☐ 3,211 lbs
  - ☐ 1,061 lbs.
6. Pumpkins are members of the family Cucurbitaceae, which also includes:
  - ☐ cucumbers
  - ☐ cauliflower
  - ☐ broccoli

A perfect way to introduce these pumpkin activities is by reading Jeanne Titherington's book **Pumpkin, Pumpkin**. This book leads into many science and math activities as students enjoy hands-on experiences with a class pumpkin. How many ridges does the pumpkin have? How much does it weigh? How long did it take to grow? Will the seeds inside grow another pumpkin?

### Pumpkin Belts: (estimation, seriation, measuring)

- Have each student estimate the circumference of the class pumpkin by cutting a piece of string or yarn the length of his/her estimate.
- Each student checks his/her "belt" with the pumpkin's circumference and places it on a graph with the following labels: "too short," "just right," and "too long."
- Ask students to seriate the belts in each of the graph's sections from shortest to longest.
- If desired, students can use a measuring tool or non-standard measuring manipulative to determine the difference between the longest and shortest "belt" in each group.
- Measure and record the actual circumference in both standard and non-standard measurements. Write the results on a cutout pumpkin to display by the "belts" graph.
- A group interpretation of the data or summary of the activity could be written and displayed for student and visitor re-reading.

### How Many Seeds Are There?: (place value counting)

- As you are cutting into the pumpkin discuss the possible number of seeds it may contain. Record predictions and determine the "range" of student predictions. *(Take this opportunity to review the life cycle of the pumpkin and point out the relationship between the flower and the pumpkin fruit they now see.)*
- Once the top has been removed, students will enjoy the messy fun of feeling the pulp and seeds as they help to clean out the pumpkin. Direct students to separate the seeds from the pulp.
- Provide each group with portion cups and some seeds. Students should count by groups of ten and place each group in a portion cup. *(The excitement in each group as they realize how close they are to reaching 100 or more is fantastic!)*
- Place a large sheet of butcher paper on a table. Divide into three sections and label: hundreds, tens, ones.
- Have each group place their portion cups in the tens' column and any leftover seeds in the ones column.
- Regroup the ones' column first, if possible.
- Counting by tens, regroup the portion cups into a larger container (called the hundreds cup) and place in the hundreds' column.
- Record the number of seeds on the paper. *(Our last year's pumpkin yielded over 300 seeds!)*
- Compare the actual number of seeds with their predictions.





## Crunch, Crunch ... Enjoy Those Seeds!:

- Save and clean the seeds.
- Mix with a small amount of cooking oil and place on a cookie sheet.
- Roast in the oven at 250 degrees F. for 15 minutes.
- Stir. Cook slightly longer until a golden brown.
- Place on paper towels to absorb excess oil.
- Enjoy!



# 5 A DAY AND PUMPKINS

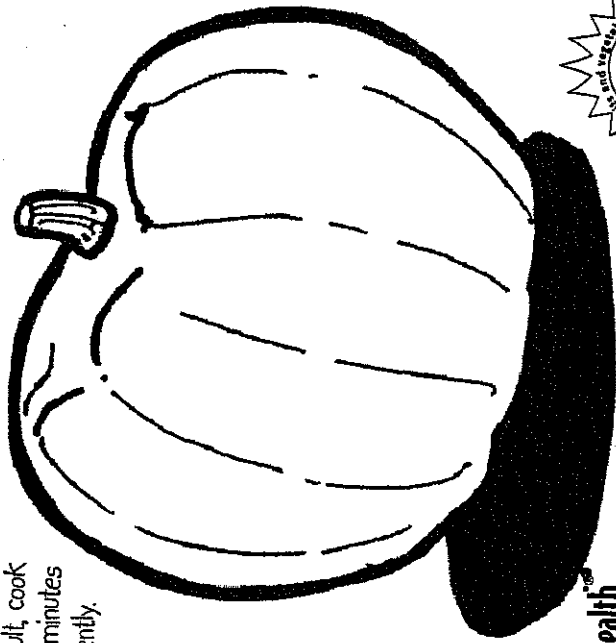
## KIDS ACTIVITY SHEET

### Try this fun & easy recipe PUMPKIN BUTTER

4 cups canned or fresh pumpkin,  
pureed  
1/2 cup honey  
1 tbsp. cinnamon, ground  
1/4 tsp. ginger, ground  
1/4 tsp. cloves, ground  
2 tbsps. lemon juice

Pour into jars and cover tightly. Let cool and refrigerate. Store pumpkin butter in refrigerator for several weeks or freeze it for several months. Try it on toast. Makes 8 half-cup servings. This is an official 5 A Day recipe. Decorate jars and you have a nice gift.

In a large saucepan, combine pumpkin, honey, cinnamon, ginger, cloves, and lemon juice. With the help of an adult, cook on low for 45 minutes stirring frequently.



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# WHAT IS A SERVING?

**A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.**

1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice  
1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables  
1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## CREATE A PUMPKIN PILLOW!

**You will need:** adult supervisor; newspaper; scissors; 1 yard orange, 1/4 yard black and 1/8 yard green polar fleece or felt; permanent marker; fabric glue; and fiberfill.

1. Begin by drawing a pumpkin shape on newspaper. Make

pumpkin large, as it will seem smaller after stuffing.

2. With the help of an adult, cut out a pumpkin.

3. Place it over orange fabric and trace around it with permanent marker.

Repeat this step to get two matching pieces of fabric.

4. Cut out 2 pieces, place one directly on top of other, marked sides together.

5. Apply thin layer of fabric glue, a few inches at a time, 1/4 inch from edge to seal edges.

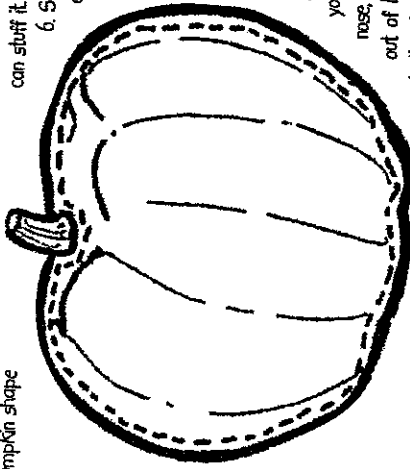
Leave 4-inch section at top unglued so you

can stuff it. Let glue set overnight.

6. Stuff pillow with fiberfill and then glue opening closed.

7. To add a stem, cut it out of green fleece and place it between 2 pieces of orange before gluing them closed.

8. If you want to give your pumpkin eyes, a nose, and a mouth, cut them out of black fleece and glue them onto the stuffed pillow.



By using appropriate shapes and colors, you can make banana, apple, strawberry, carrot, or tomato pillows.

**Eat 5 or more servings of fruits and vegetables  
a day for better health**

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Your name \_\_\_\_\_

Unscramble as many of the pumpkin farm words below as you can. Have Fun!  
**NOTE:** Answers **MUST** be entered in lower case letters (abc), use of upper case letters (ABC) will cause them to be marked as incorrect.

mukpinp

emafrn ek

awsn

edse

nobimce

elalowenh

taduhne eohsu

rauc lond

hgssto

botocer



# 5 A DAY AND ZUCCHINI

## KIDS ACTIVITY SHEET

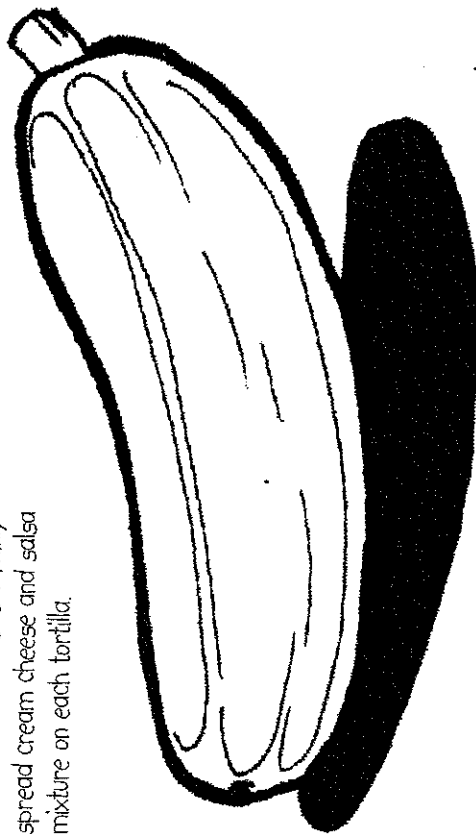
Try this fun & easy recipe

### ZUCCHINI WRAP

- 2 zucchini, cut into strips
- 2 carrots, peeled and cut into strips
- 4 large white mushrooms, chopped
- 4 green onions, thinly sliced
- 1/2 cup fat-free cream cheese
- 1/4 cup salsa
- 4 fat-free flour tortillas
- toothpicks

With the help of an adult, combine zucchini, carrots, mushrooms, and green onions. In a small bowl, combine cream cheese and salsa. Thinly spread cream cheese and salsa mixture on each tortilla.

Place chopped vegetable mixture evenly across center of each tortilla. Roll up tortilla, trapping ingredients tightly inside to form a tight tube. When finished rolling, slice each tube into 1-inch sections and secure with toothpick to serve or eat sandwich style. Makes 4 servings. This is an official 5 A Day recipe.



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- 1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

# MAKE A VEGETABLE INSECT!

You will need: variety of large and small vegetables, toothpicks, and cream cheese

Use your imagination to create a vegetable insect.

Use large vegetables - zucchini, potato, bell pepper, or squash - for body.

Use smaller vegetables -

cherry tomatoes, beans,

carrots, spinach, corn kernels,

onion, or celery - for legs, wings,

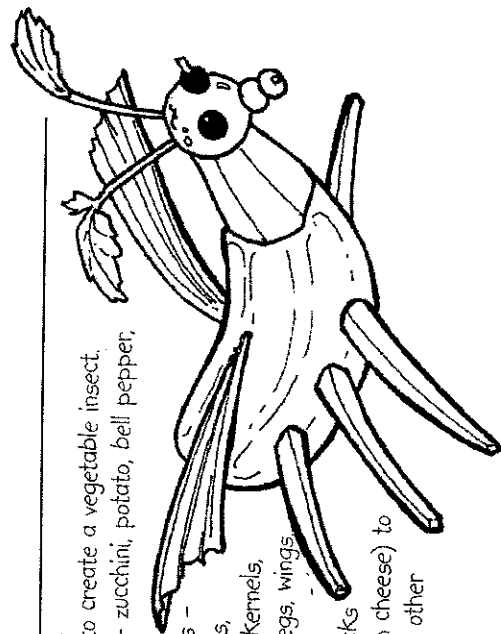
head, body parts, and

antennae. Use toothpicks

or "edible glue" (cream cheese) to

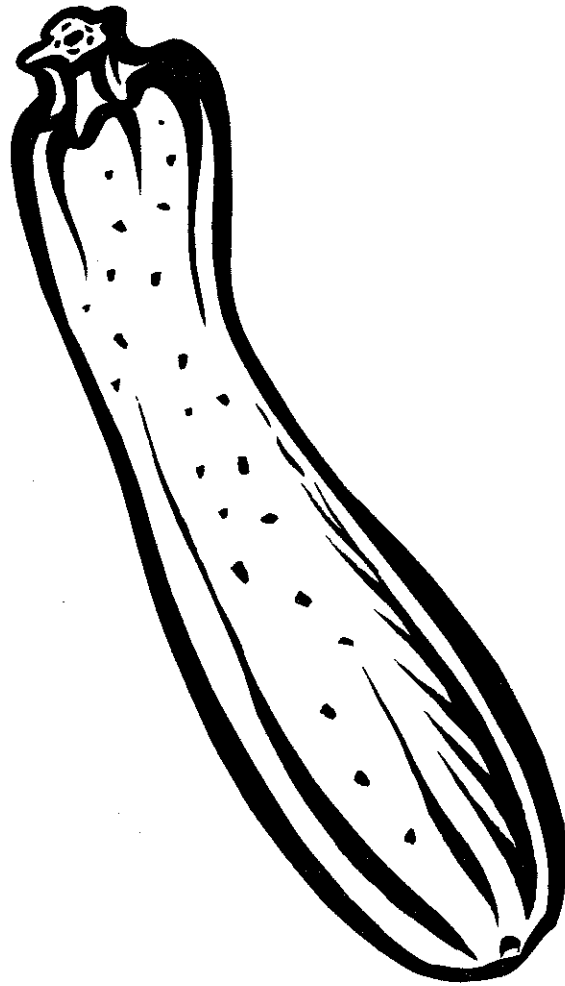
attach legs, wings, and other

body parts to body.



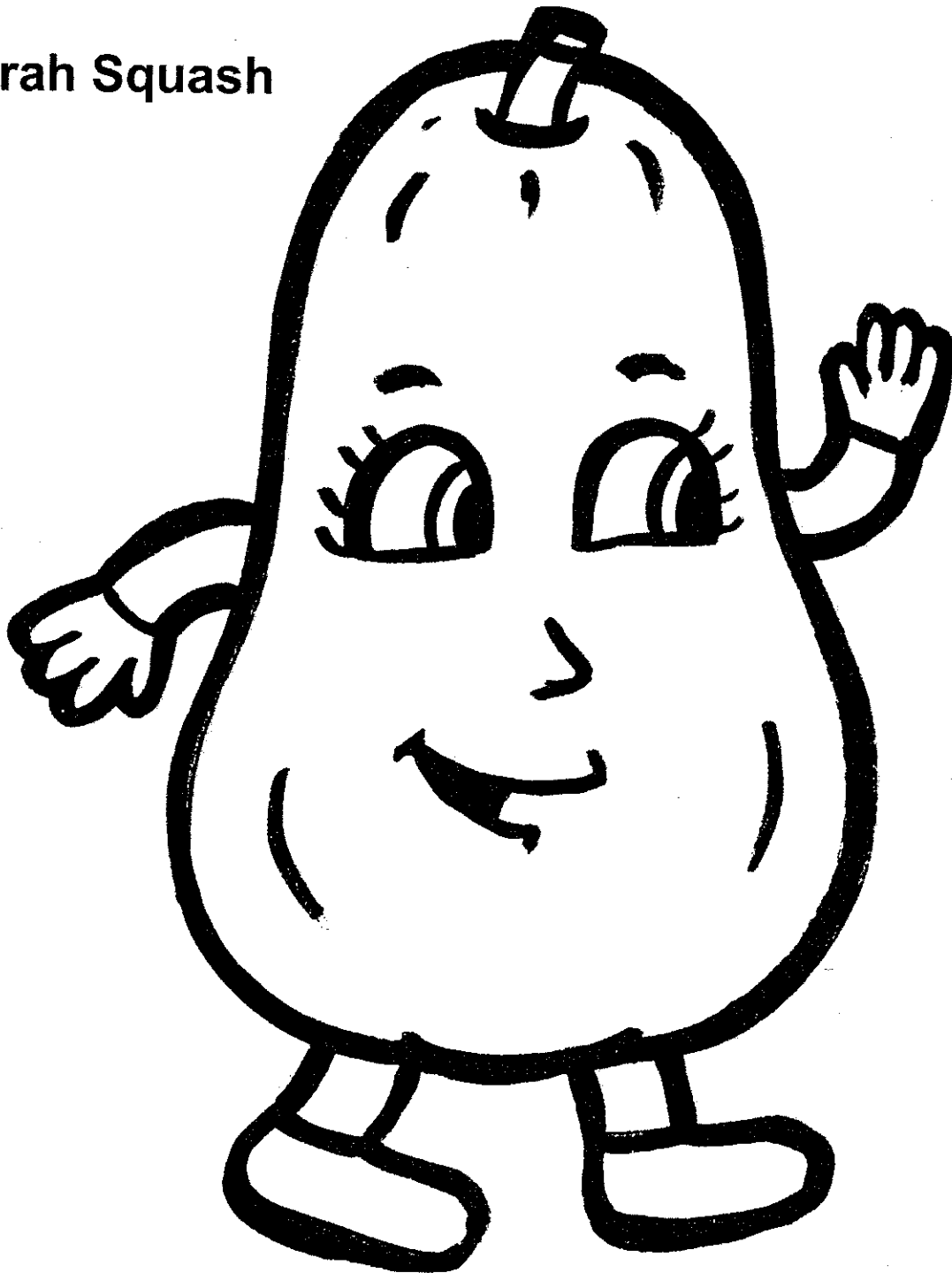
Eat 5 or more servings of fruits and vegetables  
a day for better health

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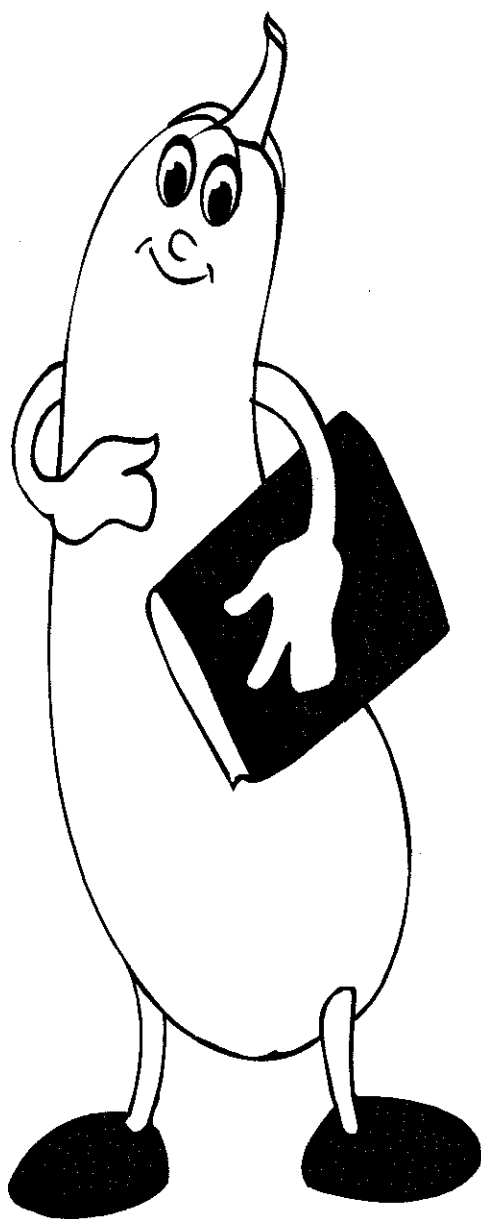
Zucchini!

**Sarah Squash**



Graphics by Mary Connors 2001

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Squash!

# ● A DAY AND SQUASH

## KIDS ACTIVITY SHEET

Try this fun & easy recipe

### SIMPLE SPAGHETTI SQUASH

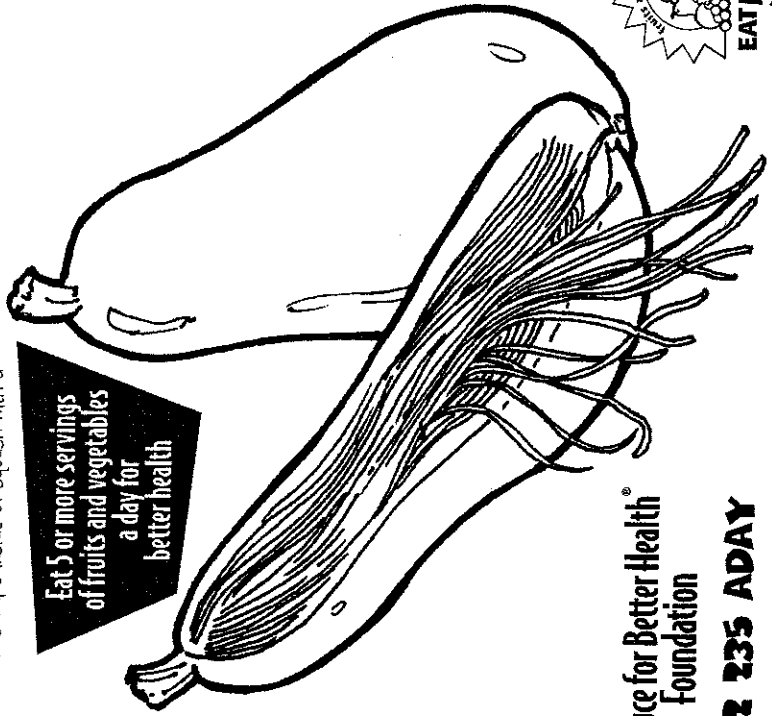
1 (3-pound) spaghetti squash  
1/4 cup water  
1 32-oz. jar low-fat, low-sodium  
spaghetti sauce

With the help of an adult, cut squash in half lengthwise; discard seeds. Place squash halves, cut side down, in baking dish; add 1/4 cup water. Cover with plastic wrap and vent one corner. Microwave on HIGH for 15 minutes until squash is tender when pierced with a fork. Scrape inside of squash with a

fork to remove spaghetti-like strands. Set aside. Heat spaghetti sauce in microwave until hot, 2-3 minutes. Pour sauce over cooked spaghetti squash and enjoy! Makes 4-6 servings. This is an official 5 A Day recipe.

To bake: Place squash halves, cut side down, in a baking dish; add 1/2" water to dish. Bake at 350° for 45 minutes or until squash is tender.

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1/2 cup of cooked, frozen, or canned vegetables or fruit = 1 cup of raw leafy vegetables  
1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

## HOW TO READ A NUTRITION LABEL

The Nutrition Facts labels on the back of food packages tell us the serving size and how many servings are in the package. It also acts as a guide to making healthy food choices by telling us how many calories and how much fat, cholesterol, sodium (salt), carbohydrates, and protein are in a serving.

Here is the Nutrition Facts label from a jar of pasta sauce. See if you can find the answers to the following questions:

1. How big is a serving?
2. How many calories are in 1 serving?
3. How much sodium (salt) per serving?
4. What amount of fat is in 1 serving?
5. How much protein is in a serving?

Next time you go grocery shopping with mom or dad, help them make the healthiest choices by checking the labels together!

### Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 6

Amount Per Serving

**Calories 60** Calories from Fat 0

**Total Fat 0g** % Daily Value\*

**Saturated Fat 0g** 0%

**Cholesterol 0mg** 0%

**Sodium 390mg** 16%

**Total Carbohydrate 12g** 4%

**Dietary Fiber 2g** 8%

**Sugars 11g**

**Protein 2g**

**Vitamin A 10%** • **Vitamin C 10%**

**Calcium 4%** • **Iron 6%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

**Total Fat** Less than 65g 80g

**Saturated Fat** Less than 20g 25g

**Cholesterol** Less than 300mg 300mg

**Sodium** Less than 2,400mg 2,400mg

**Total Carbohydrate** 300g 375g

**Dietary Fiber** 25g 30g

**Calories per gram:**

**Fat 9** • **Carbohydrate 4** • **Protein 4**

Answers: 1) 1/2 cup 2) 60 3) 390 mg 4) 0g 5) 2g

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